

Dates to know for Summer 2022

Tuesdays: Soccer "Kick-Around" Nights from 6:30-8 pm meet at the track (*weather permitting*), for whoever can make it

****Bring:** ball, shin guards, cleats, sneakers, water**

Dates:

6/14, 6/21,
7/12, 7/19,
8/2, 8/9, 8/16

Wednesdays in July= Youth Camp run by the High School Girls

- I believe there is a cost for this but I'm not sure what it is

Dates: 9:30-11

7/6, 7/13, 7/20, 7/27

***make sure your physical and paperwork are in before 8/22 or you won't be able to participate in try-outs

Have your parent contact Brenda Malcolm to be placed on the TeamSnap Communication App

****mbmalcolm@msn.com**

Let me know if you have any
questions.

-Michelle Diffendarfer

m-diffendarfer@l-spiencers.org or 717.824.9305

Junior High Girls' Soccer

Ladies, I am looking forward to working with you this fall. Here is a training plan for the summer if you are interested in trying to get yourselves ready for the upcoming season.

It includes fitness and footwork, you can do as much or as little as you would like, but just know you will be doing yourself and your teammates a favor if you are able to come into this season with some sort of preparation. Also don't feel like you can't come out if you don't do this plan, it is just something to get us started somewhere.

Coach D

***Please know that if you don't follow these plans you will still have the opportunity to try out and play for the JH Team, these are just suggestions for you to follow to help you get into shape before the season starts, especially if we have players playing both JV and Varsity games.

*** **“Pre-Season” Time Trial*****

- The First 2 days of our season will be August 22nd and 23rd
 - **8/22:** We will run a 1 ½ mile time trial, your goal will be to achieve this in less than 14 minutes (that is an 8:10 minute mile pace)
 - If you don't make this pace that doesn't mean you won't be on the team, but it may affect your placement
- **8/23:** We will be running 120s (which is the length of the soccer field from endline to endline)
 - You will have 25 seconds to make it the length of the field and 50 seconds to recover and make it back to the starting end
 - If you miss 1 but make it back to the starting line in 50 seconds you may continue until you miss another one
 - If you do not make it back to the start in 50 seconds you will be finished and can cheer on your remaining teammates
 - Your goal is to get at least 15
 - Again, if you don't make this it doesn't mean you won't make the team, just a goal to set for yourself to begin the season

Week 1: June 13th-19th

Monday: Easy Run 10 minutes (if you can't do this, start with 1 min jog/1 min walk (alternating))

- 1 minute of Push-ups (as many as you can)
- 1 minute of sit-ups (as many as you can)
- 30-second plank

Tuesday: Ball skills/ Footwork 10 minutes

Wednesday: Easy Run 10 minutes (or same as above)

- 1 minute of Push-ups (as many as you can)
- 1 minute of sit-ups (as many as you can)
- 30-second plank

Thursday: Ball Skills/ Footwork 10 minutes

Friday: Hard Run 15 minutes ((warm-up 5-minute jog) then run as hard as you can 45 sec/walk or jog 30seconds x10)

- 1 minute of Push-ups (as many as you can)
- 1 minute of sit-ups (as many as you can)
- 30-second plank

Week 2: June 20th- 26th

Monday: Easy Run 15 minutes (if you can't do this, start with 2 min jog/1 min walk (alternating))

- 1 minute of Push-ups (as many as you can)
- 1 minute of sit-ups (as many as you can)
- 45-second plank

Tuesday: Ball skills/ Footwork 10 minutes

Wednesday: Easy Run 15 minutes (if you can't do this, start with 2 min jog/1 min walk (alternating))

- 1 minute of Push-ups (as many as you can)
- 1 minute of sit-ups (as many as you can)
- 45-second plank

Thursday: Ball Skills/Footwork 10 minutes

Friday: Hard Run for 15 minutes ((warm-up easy 5 min. jog) sprint 45s/ walk or jog 30 seconds x 10)

- 1 minute of Push-ups (as many as you can)
- 1 minute of sit-ups (as many as you can)
- 45-second plank

Week 3: June 27th- July 3rd

Monday: Easy run 15-20 minutes try to run the whole time

- 1 minute of Push-ups (as many as you can)
- 1 minute of sit-ups (as many as you can)
- 1 minute plank

Tuesday: Ball Skills/Footwork 10 minutes

Wednesday: Easy run for 15 minutes trying to run the whole time

- 1 minute of Push-ups (as many as you can)
- 1 minute of sit-ups (as many as you can)
- 1 minute plank

Thursday: Ball skills/ Footwork 10 minutes

Friday: Hard Run ((5 minute warm-up jog) if you can go to the track do 10x 200s, if not 10x 45secs/30-second walk/jog)

- 1 minute of Push-ups (as many as you can)
- 1 minute of sit-ups (as many as you can)
- 1 minute plank

Week 4 July 4th- July 10th

Monday: 4th of July Nothing!

Tuesday: Easy Run 15/20 minutes

- 1 minute of Push-ups (as many as you can)
- 1 minute of sit-ups (as many as you can)
- 1:15 minute plank

Wednesday: Ball Skills/Footwork

Thursday: Easy Run 20/25 minutes

- 1 minute of Push-ups (as many as you can)
- 1 minute of sit-ups (as many as you can)
- 1 minute plank

Friday: Ball skills/footwork

Week 5 July 11th- July 17th

Monday: Easy Run 20 minutes

- 2 Minutes Push-ups (as many as you can)
- 2 Minutes Sit-ups (as many as you can)
- 2 Minute Plank

Tuesday: Footwork/ Ball Skills

Wednesday: Easy Run 25 minutes

- 2 Minutes Push-ups (as many as you can)
- 2 Minutes Sit-ups (as many as you can)
- 2 Minute Plank

Thursday: Footwork/ Ball Skills

Friday: Hard Run (5 min warmup jog/ 6x 400m (100 m walk recovery)
(400= 1 lap or 1:30/ and recover 1 straight away or 30 seconds)

- 2 Minutes Push-ups (as many as you can)
- 2 Minutes Sit-ups (as many as you can)
- 2 Minute Plank

Week 6 July 18th- July 24th

Monday: Easy Run 30 mins

- 2 Minutes Push-ups (as many as you can)
- 2 Minutes Sit-ups (as many as you can)
- 2:30 Minute Plank

Tuesday: Footwork/Ball Skills

Wednesday: Easy run 25 mins

- 2 Minutes Push-ups (as many as you can)
- 2 Minutes Sit-ups (as many as you can)
- 2:30 Minute Plank

Thursday: Footwork/ Ball Skills

Friday: Hard Run try and do 120s (try and do as many as you can in the way we will do them for pre-season

- You will have 25 seconds to make it the length of the field and 50 seconds to recover and make it back to the starting end
 - 2 Minutes Push-ups (as many as you can)
 - 2 Minutes Sit-ups (as many as you can)
 - 2:30 Minute Plank

Week 7 July 25th- July 31st

Monday: Easy Run 30 mins

- 2 Minutes Push-ups (as many as you can)
- 2 Minutes Sit-ups (as many as you can)
- 2:45 Minute Plank

Tuesday: Footwork/Ball Skills

Wednesday: Ladder Run (8x100m, 4x 200m, 2x 400m, 1x800m, 2x400m, 4x200m, 8x100m) → Go to the track if you can

- Recover 60 seconds between each repeat

****if you can't go to a track (8x 25 sec, 4x 50 secs, 2x 1:40 seconds, 1x 3:30, 2x1:40, 4x 50, 8x25)**

Thursday: Footwork/Ball Skills

Friday: Fartlek Run 25 minutes (5 min warm-up: then alternate 2 mins hard/ 1 min easy jog)

- 2 Minutes Push-ups (as many as you can)
- 2 Minutes Sit-ups (as many as you can)
- 2:45 Minute Plank

Week 8 August 1st- August 7th

Monday: Easy run 30 minutes with 4x60secs hard at the end

- 2 Minutes Push-ups (as many as you can)
- 3 Minutes Sit-ups (as many as you can)
- 3 Minute Plank

Tuesday: Ball skills/Footwork

Wednesday: Easy run 25 minutes with 4x60secs hard at the end

- 2 Minutes Push-ups (as many as you can)
- 3 Minutes Sit-ups (as many as you can)
- 3 Minute Plank

Thursday: Ball Skills/Footwork

Friday: Easy run 40 minutes

- 2 Minutes Push-ups (as many as you can)
- 3 Minutes Sit-ups (as many as you can)
- 3 Minute Plank

Week 9 August 8th- August 14th

Monday: Easy Run 30 mins

- 2 Minutes Push-ups (as many as you can)
- 3 Minutes Sit-ups (as many as you can)
- 3:15 Minute Plank

Tuesday: Ball Skills/Footwork

Wednesday: Easy Run 30 mins

- 2 Minutes Push-ups (as many as you can)
- 3 Minutes Sit-ups (as many as you can)
- 3:15 Minute Plank

Thursday: Ball Skills/Footwork

Friday: 6x800 repeats (Run 1x800m, jog/walk (recover) 1x400m)

Week 10 August 15th- August 21st

Monday: Easy run- 30 minutes

- 2 Minutes Push-ups (as many as you can)
- 3 Minutes Sit-ups (as many as you can)
- 3:30 Minute Plank

Tuesday: Ball Skills/Footwork

Wednesday: Easy run 25 minutes (4x60 seconds hard at the end)

- 2 Minutes Push-ups (as many as you can)
- 3 Minutes Sit-ups (as many as you can)
- 3:30 Minute Plank

Thursday: Ball Skills/Footwork

Friday: Easy run 60 minutes (if you can)

- 2 Minutes Push-ups (as many as you can)
- 3 Minutes Sit-ups (as many as you can)
- 3:30 Minute Plank

****For Ball Skills and Foot Work**

- Watch Youtube Videos, tiktoks, etc
 - *50 Ball Mastery Exercises To Improve Foot Skills and Fast Feet | Ball Control Drills For Footballers (is a great one on YouTube)
- Practice juggling
- Practice Passing with someone
- Practice long kicks/shooting